

SPOKE

Conestoga College, Kitchener

30th Year — No. 6

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Pat St. John promoted Tibbits picks vice-president

By Victoria Long

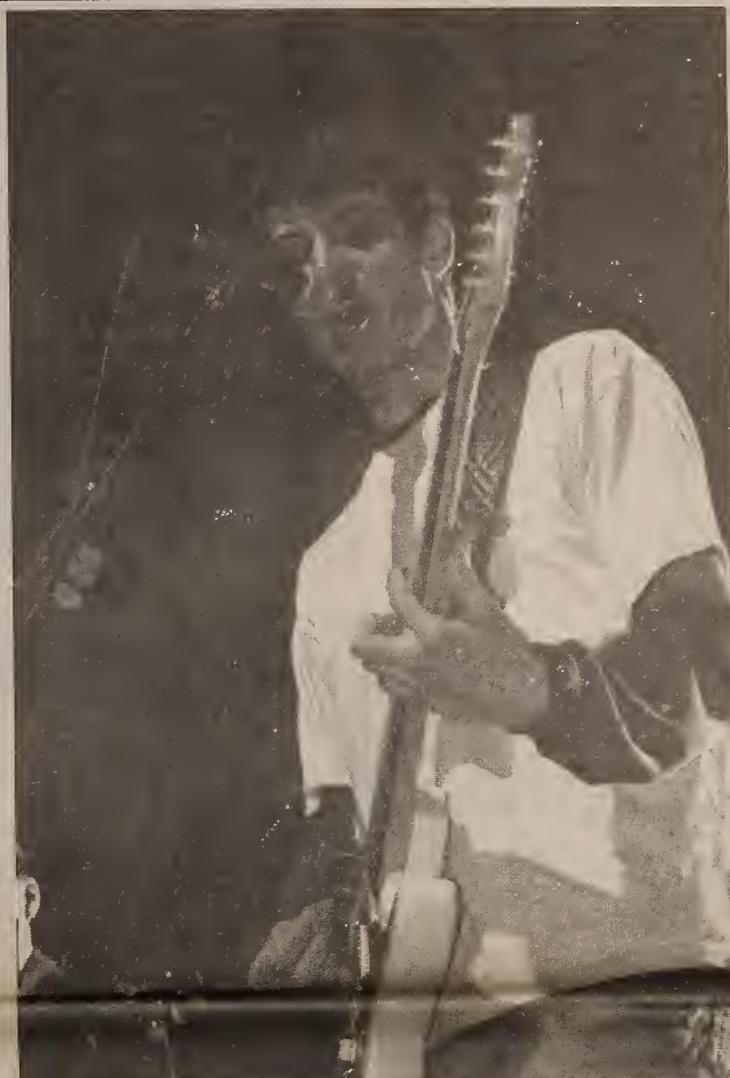
Former communication studies chair Pat St. John has been promoted to vice-president of training and development, and continuing education in the wake of former vice-president of human resources John MacKenzie's Jan. 16 move to the private sector.

MacKenzie's responsibility had also included the human resources department, but Conestoga's president John Tibbits said he decided to redefine the position so St. John would be able to continue his role in long-term strategic planning for the communications studies department.

St. John's connections in the industry and the work he has done in this area to date make his continuing input to long-range planning extremely valuable, Martin said. He pointed out that the complexities of scheduling mean the college needs seven years to revamp a three-year program. This lag makes continuity in future-planning personnel key to keeping college programs up-to-date with changing industry needs.

Manager of human resources Debra Croft will report directly to the Tibbits, who is taking over some of MacKenzie's responsibilities. St. John's day-to-day responsibilities as communications chair will be assumed by Martin. This change means communication studies students who wish to consult with an executive about career path choices and opportunities, or to discuss their options should now get in touch with Martin, St. John said. Tibbits informed communication studies faculty of the change at a special department meeting held on Jan. 26. Print journalism chair Andrew Jankowski said program chairs were told at that meeting that they should communicate with Martin on day-to-day business matters such as getting purchase requisitions signed, as well as on weightier matters including problems students or faculty may have encountered.

St. John said students should continue to contact him with ideas on the department's future directions, preferably by e-mail to pstjohn@conestogac.on.ca.



Wailing Away

Matthew Good performs at Stages in Kitchener Jan. 27. The Matthew Good Band opened for Wide Mouth Mason for the DSA's Winterfest '98 kickoff.
(By Erica Ayliffe)

Graduate debt free, says expert

By Rita Fatila

College and university students don't have to spend their lives in debt, financial expert Murray Baker told a University of Waterloo audience Feb. 2.

Baker, author of *The Debt-Free Graduate*, hammered this message home to the crowd in the UW student life centre with a mix of



Murray Baker answers UW students' questions Feb. 2.
(Photo by Rita Fatila)

financial advice and jokes. One of the first jokes in his How to Graduate Debt-Free speech was that if Mike Harris saw his shadow on Groundhog Day, six more years of bad education policy would follow.

Leaving school with no or very little debt gives students freedom, Baker said. Not only the freedom to spend money and travel, but the freedom to choose a career. He said someone with a \$30,000 debt may decide they won't be able to make ends meet doing a job they love, such as social work, and may opt for a job that will pay the bills.

Baker, who has written for various financial publications, said that before starting school, students should make a list of all the non-loan financial resources they have. He encouraged students to seek out bursaries and scholarships which may be offered by parents' employers, cultural clubs, athletic clubs and trade unions. Urging students to look for scholarships in the most unlikely places, Baker gave the example of the Atlantic Cable scholarship, a scholarship offered to anyone who subscribes to Atlantic Cable. He

also listed two websites: www.fastweb.com and www.finaid.org.finaid/canfunds.html, that list scholarships available to students.

Even stamp, coin and card collections from childhood can be unexpected sources of revenue, Baker said.

After drawing up a list of all their resources, students should list all their expenses, Baker said.

"Be realistic," he advised. "If you drink lots of beer, include that. Just write it down when your parents aren't looking."

Baker said students should compare resources and expenses and look for ways to cut money they spend and maximize the money they have.

Loans should be a last resort, Baker said. But if a student does receive a loan, they should try to get a government-sponsored one, such as OSAP, he said. Loans from the government are beneficial because they don't charge interest and don't ask for repayment until the student graduates.

Bank loans, on the other hand, aren't as good, according to Baker. "They're basically bank loans

with the word 'student' in front of them."

He described bank loans, with their immediate interest, as a downward spiral. Something even worse for students from credit cards, he said. Credit cards, with their high interest rates, are the biggest downfall for students, said Baker and he advised the audience to avoid credit cards as much as possible. If someone insisted on having one, however, Baker recommended choosing a card with no annual fee, using it only for emergencies, paying the balance promptly, and asking the card company to lower the limit instead of raising it.

Students should also take advantage of tax breaks, Baker said. Students should fill out a tax form as soon as they can and keep all their receipts. There are also many tax deductions students can claim, from tuition to lab fees.

Graduation is a good time for students to start thinking about RSPs, Baker said. Baker said students may need to dip into one before retirement, if a career change leaves them unemployed for a period of time.

Debt-free graduate tells all in new book

By Rita Fatila

Murray Baker finished an Honors BA in history debt-free. However, the author of *The Debt-Free Graduate* said that can be attributed to the economy at the time as well as his financial prowess.

"It was easier at that time," said Baker, who received his degree in 1986. "The system was a lot more forgiving."

In a phone interview from London, Ont., where he resides, Baker admitted he made plenty of mistakes in financing his education.

"It's important for students to get well-paying summer and part-time jobs. One mistake I made was that I worked in retail."

Baker said working in retail didn't pay that much, and cost him money for transportation and proper work attire. He added that working in a mall and receiving an employee discount on clothes were temptations to spend even more of his earnings.

Later, Baker found jobs on campus. The advantages of this, he said, were that there were no costs for transportation, no need to dress fancy and the job could work around his class schedule.

So how did someone who went to university for a history degree end up in finance?

"It's a wonderful education system," he laughed. "You can start out doing one thing and end up in something entirely unrelated."

Baker was co-ordinator of first-year programs at the University of Western Ontario for seven years. His job, he said, was helping students with transition issues. He said he found it easy to merge his job with his interest in financing and investing and his belief in the importance of post-secondary education.

"I loved university myself. I really believe in the education and the experience. It's important that every student has access to college and university."

He said Canadian society loses

out when students are unable to go on to higher education, since the economy is weakened when students have low-paying jobs or are burdened with debt.

"Everybody suffers when students have huge debts."

Baker was inspired to write his book, he said, after reading other books on investment and finance.

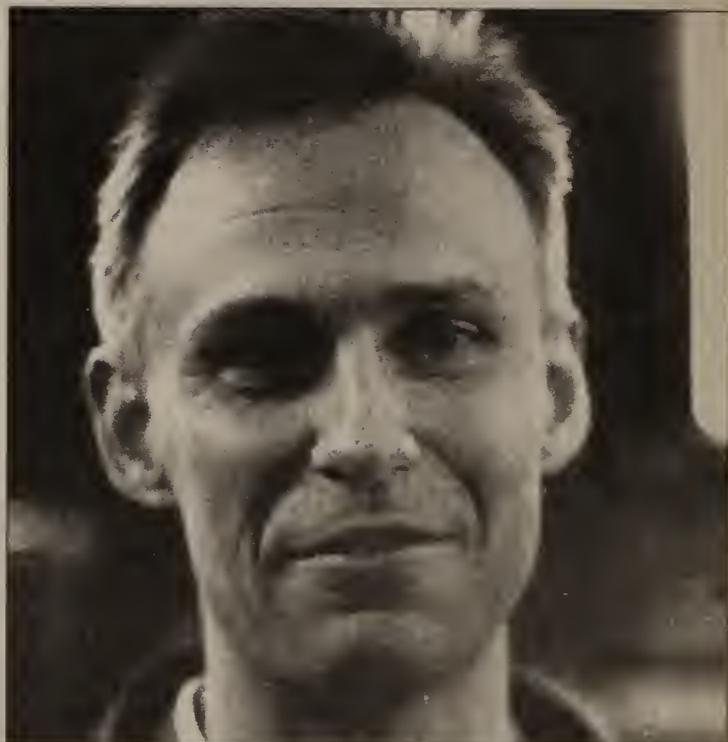
"They were all aimed at baby boomers, but it's important to speak to students."

Students tend to be apprehensive about financial matters, Baker said.

"It's a stressful topic. What's the most common thing for married couples to fight about? Money."

Baker said he tries to get through to students who don't want to think about finances by using humor. Although it can be serious, he said, it can also be funny. Either way, he said, it's important for students to deal with it.

"The reality is that financial decisions you make now will affect the rest of your life."



Murray Baker wrote *The Debt-Free Graduate*, a book on financial advice aimed at a student audience.

(Photo by Rita Fatila)

Planners shape future of communications studies

By Victoria Long

Conestoga's newly appointed vice-president of training and development and continuing education, Pat St. John, wearing one of his other hats as part of the communication studies strategic planning team, talked with Spoke about some changes in the media industry recently. He said the two most crucial facts communication studies planners consider in updating program curricula are the accelerating convergence of media modalities and the current industry focus on exploring the possibilities the internet offers.

He cited the Toronto Star's new television channel and Toronto's CHUM-FM radio station's two television channels as examples of the trend to crossover coverage by

traditionally single-focus media enterprises.

St. John said one direction near-future program changes are going reflects the fact that job opportunities have been increasing in the relatively new field of writing news for the internet. The style industry demands is half-way between the compressed "sound bite" style of broadcast journalism and the more detailed coverage of newspapers, the print-based medium, he said. "If we are going to lead the way in training students for the future, we need to give them an introduction to the new media," he continued.

Both St. John and Martin said the Toronto Star has a staff of forty working full time on the company's internet site. However, neither would speculate on the long-term

profitability of internet-based commercial enterprises which would result in solid of career prospects for communication studies graduates in the field.

Extra magazine quotes Time Inc. CEO Don Logan calling the magazine's online efforts a "black hole" for money. Author of the article, *Show Me the Money!* Denise Caruso, a technology analyst with the New York Times, wrote, "Advertising support, which provides much or all of the funding for news organizations' traditional offerings, is unreliable at best as a revenue source for online news."

She points out that the mid-1990s saw many news organizations make a lemming-like rush to penetrate the burgeoning medium for fear of being sideswiped by new interactive services delivered over the global internet.

Caruso charges that, "In Silicon Valley, the conscious creation of this environment of Fear, Uncertainty, and Doubt is a marketing tactic ... called the FUD Factor, and in its thrall news organizations began racing to get online before it was 'too late.' " But, she points out that no realistic economic model has yet been developed for internet-based enterprises which means that there are no guarantees of future profit for even the most efficient and reputable news organizations.

Doon campus washrooms vandal-proofed

By Richard Berta

Physical resources recently replaced towel dispensers in some washrooms with hand dryers.

According to Barry Milner, manager of physical resources, the decision to eliminate the towel dispensers came as a result of acts of vandalism involving the stuffing of towels into toilets and the subsequent blocking of sewage lines.

The washrooms affected by the change are the men's and

women's near room 1B09 in the hallway off the cafeteria.

Milner said that although vandalism is not rampant in the college, this washroom had more than its share of problems.

The adding of hand dryers to washrooms is nothing new, Milner said, as other washrooms in the college already have them.

But the change will be a positive one according to Milner, in so far as it will prevent the problem from recurring in the future and improve the appearance of the washrooms.



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Corrections

In the Feb. 2 issue Chris Ghigeanu's name was misspelled under his picture on page 2.

On page 3, Laura Brillinger's and Vicki Lichy's names were misspelled under the photo of them.



Tired of reading the same old scroll?

Take a look at

SPOKE

Part I of a special report

Doon programs experience low grad placement
Report shows 12 courses have less than 50% program-related employment

By Victoria Long

Conestoga's 1995/96 Graduate Employment Report shows 12 programs whose graduate employment level, in fields graduates consider related to their course of study, was less than 50 per cent.

The programs are in the schools of applied arts (3), business (1), engineering technology (2), health sciences and community services (2), and trades and apprenticeship (4).

Humber College's student newspaper *Et Cetera* recently reported that eight programs are under review at that college for "poor graduate placement", which college administration defines as less than 50 per cent full- and part-time program-related employment.

The Conestoga report states all of Ontario's colleges use the same survey process.

Its data-collection method consists of a two-stage process. Six months after a student completes study, a questionnaire is sent out. Then, during the reference week for that graduating class, which varies from six to nine months after graduation, data are collected in writing or by telephone from each graduate the college is able to contact.

The school of trades and apprenticeship had four programs with less than 50 per cent of the graduates holding program-related jobs, according to the college report.

Chair, Hans Zawada, expressed optimism about the future for its graduates since there has been an upturn in the economy. He said prospects have improved in the last two years so results from 1996-97 and later graduate surveys will likely show higher levels of program-related employment.

Zawada explained that the school constantly monitors the industry requirements for skilled workers and adapts its programming to current conditions.

"If you train your students, but can't place them, obviously you're not meeting the demand," he said.

In addition, the school offers certain programs only when requested to do so by Human Resource Development Canada or by industrial concerns. Under those circumstances, the school will offer a program if a sufficient number of students apply for it, Zawada said.

One case is the appliance and heat-pump servicing program which the report showed to have a 33 per cent placement rate. Zawada said the program was suspended for



An aerial photograph of Doon campus' main building forms the backdrop for the cover of the Graduate Employment Report available at the alumni services office.

(Photo illustration by Conestoga College Communications Department)

1996 because of low enrolment and the perception that the demand for graduates in the industry had lessened. In 1997, the program was reinstated at the request of local industry, but was unable to attract the required minimum number of students, so was cancelled, Zawada said.

The school offers its electrical techniques program (also 33 per cent placement) only intermittently, Zawada said, in response to requests from high schools for its additional preparation for students who do not yet qualify for entrance to diploma programs. The report shows two-thirds of the students in the program went on to further education.

The low figure (44 per cent placement) in the industrial maintenance mechanic program has likely been turned around in the last couple of years, Zawada said. "The demand for apprenticeship training is up about 15 per cent over last year and the maintenance program is very strong, perhaps due to Conestoga having the best facilities in the province."

The last program, welder operator, which only achieved 27 per cent related employment, was presented in response to an HRDC request and will not be offered again unless they ask for it. "All Conestoga's regular welding and fabricating programs are going strong at this time," Zawada said.

The school of business has only one program with low graduate placement in related fields. A program's value can be masked by low figures in the report, school of business chair Edith Torbay said.

The low figure (45 per cent) for the general business program does not reflect the multi-purpose program's importance to the school. She pointed out that it may serve as an entry-point for incoming students whose first-choice specialty program is full or who are not sure which field they wish to concentrate on. Also, students who decide to change their specialty use the general business program's overview format as a springboard to explore other programs the school offers, she said.

In addition, Torbay said the school's interpretation of the low figure is tempered by the fact that students polled may not have

realized how helpful their course work was in giving them the skills and knowledge that helped them get and hold the position they told college surveyors was "unrelated to their program."

The report shows two of the three communications studies programs, broadcasting - radio & television, and journalism - print, had related placement rates of 39 and 38 per cent.

Applied arts dean Joe Martin said the reference-week survey method is inappropriate for gauging the long-term success of graduates from these programs. "It takes longer to find jobs in these areas," he said. "We know roughly where it

[the job market] stands and there are lots of opportunities out there."

Vice-president of continuing education and training and development, Pat St. John, who also has responsibilities in planning communication studies curricula, said that perhaps as early as September, incoming broadcasting and journalism students will study both styles of writing in integrated classes. He said the change is aimed to equip communication studies students for the changing job requirements in the industry.

Communication studies students need a grounding in writing for the internet in a style mid-way between the broadcast summary and the newspaper report. "If we are going to lead the way in training students for the future, we need to give them an introduction into the new media," he said.

Other changes are planned which will help broadcasting and journalism graduates find related employment, St. John said. Two of these in the works are increasing the number of articulation agreements with universities so more Conestoga programs can be integrated into their degree-course requirements and entering into a partnership with CBC in acquiring a FM-radio station serving a major market, from Wingham to Lake Erie north-south and Toronto to Stratford east-west.

Next week, Part II of this report will present information from the law and security administration program as well as schools of health sciences and community services, and engineering technology.

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People different on dating

I fell in 'like' the other week.

I'm sure you know how that goes. You think about the person frequently and fantasize about your next encounter during class.

We'd only gone out a few times, when while hanging out at my apartment one night, he revealed he had no intentions of pursuing any kind of serious relationship, and I'm a serious person.

At first, I was sort of angry. I couldn't believe this guy (who we'll refer to as Bob from now on) would be hanging around me and acting the way he was if he if didn't want to be 'involved'.

Then, I realized people are different. I'm serious when it comes to dating. I won't just go out with anybody to have a 'good time', but Bob does. I can't get mad at him because he wasn't thinking what I wanted him to be thinking.

After I figured out I wasn't really that mad, I realized I was hurt, and I couldn't figure out why. Bob and I had only been hanging out for a couple of weeks. I wasn't planning a wedding or a future, but I was rejected and that hurt.

I started to wonder what the hell my problem was. Was I unattractive? Does my personality stink?

I ran into my roommate's bedroom to pose these questions. We started to talk and I began to realize it wasn't me.

People are attracted to each other for different reasons. The guys I find good-looking may appear repulsive to somebody else. A personality trait I find attractive may turn another girl off.

In most cases, rejection doesn't have anything to do with you; it has to do with the other person and his tastes and attitudes and sometimes it has to do with timing.

Next time a date doesn't work out, or you get dumped, don't dwell on it. As my roommate said, "Your twenties are for dating all the wrong people."

So, have fun. If it doesn't work out, it wasn't meant to be.

Besides, failed relationships can turn into really great friendships.



Erica Ayliffe

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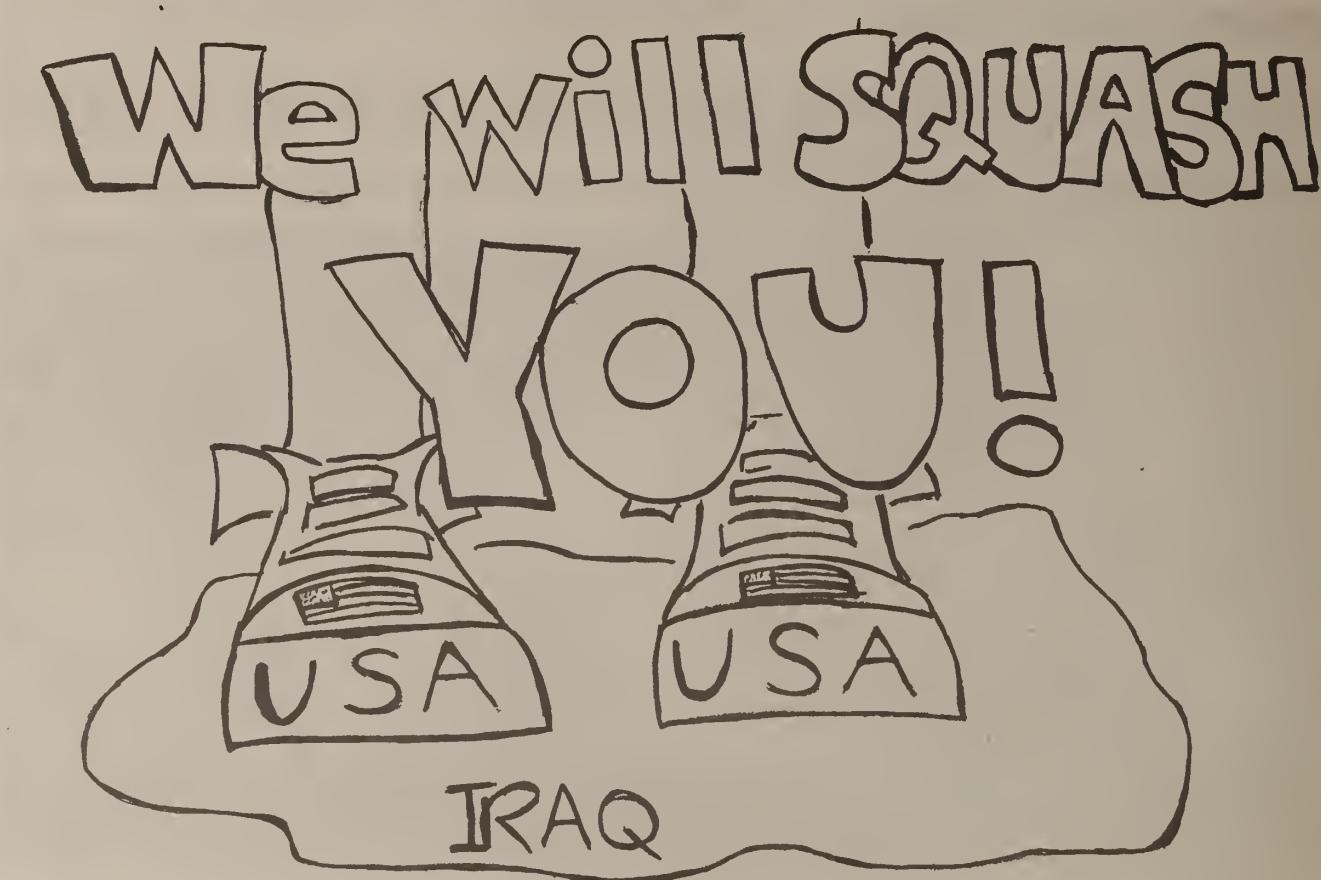
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Editorial

When will Iraq listen?

Why start a fight when you can't win?

Someone should be asking Iraq this question right now.

Several months ago the United States started a campaign to explore several Iraqi facilities thought to be housing chemical weapons. U.S.

Secretary of State Madeleine Albright said the reasoning behind the move was because "weapons of mass destruction know no borders or nationalities."

The United Nations has attempted to send inspectors deep into Iraq to examine factories and buildings.

Yet Saddam Hussein objected to American envoys and said "No," much to the shock of the United States.

The world's last super-power is power-tripping all over the world and no one is standing up to them . . . except Iraq.

Lets go back a few years to a little demonstration of the U.S./Iraqi conflict.

Iraq wanted to take over a highly priced piece of land named Kuwait.

Since Kuwait is one of the world's best oil producing countries, the United States declared war on Iraq.

Soon the Gulf War was in full swing and Saddam and his goons were depicted as evil around the world through the highly televised conflict.

Once again Saddam Hussein has reached American television stations.

Amidst damaging sexual allegations regarding President Clinton and a former White House aide, television broadcasts are once again talking of the sinister people in Iraq.

Yet what country would want their arch rivals nosing around their factories and schools?

It is no surprise that Iraq is trying to keep Americans off of their soil.

The truth is chemical weapons are not toys to be played with by power-hungry people with political positions.

But the question remains, why would the United States become involved?

More importantly, why would

Canadians pick a side?

The United States is a very strong ally for Canada to have, and of course we are not going to dispute their actions, especially after the sharp decline of our dollar.

Of course Canada is going to show their support for the Americans, but why would Canada offer military support when the U.S. has the world's largest military?

France's president, Jacques Chirac, while fearing the onset of war, has sent a representative to Baghdad to explain the possible implications of not complying with the United Nations.

But Saddam Hussein already knows the implications for not following orders.

He didn't follow orders in 1990 and his actions started a war that rocked not only the Middle East but the western world as well.

What will it take for Saddam Hussein to follow orders?

A few lives lost and his country destroyed?

Only time will tell.

SPOKE

Keeping Conestoga College connected

SPOKE is published and produced weekly by the journalism students of Conestoga College.

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Features editor: Jamie Yates; Entertainment editor: Natalie Schneider; Sports editor: Matt Harris;

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Competition is the name of the game

Disney knows how to bring in the big bucks

By Jeannette Altweig

It's amazing just how anxious the Walt Disney corporation seems to be to make a quick buck. Just when you think they've sunk to an all-time low, they come up with another scheme to get money into their pocket.

Case in point: after last summer's release of the *Hercules* movie, by which Disney managed to completely ruin the legend for everyone who is even remotely interested in mythology, they managed to get back into the race with a little sneaky footwork.

Just prior to Fox's new movie release *Anastasia*, Disney decided they wanted to manufacture a little competition.

So what did they do? They re-released *The Little Mermaid*, one of their better accomplishments.

Their excuse? It was the movie's eighth anniversary and they'd been planning a re-release anyway. Anyone who didn't see through the obvious money-grabbing attempt right away was either blind or just plain naive.

Was the ploy successful? Not really. *Anastasia* made it to the top 10 movies of the week while the mermaid was gutted and left to dry out on the beach. Conclusion, Disney's re-release of *The Little Mermaid* must have come at a time when everyone was either too busy holiday shopping or they just didn't feel like

spending eight bucks to watch something that wasn't old enough to warrant a mass migration to the movie theatres, like the *Star Wars* trilogy earlier that year.

Or it could have been that people were on to them. Whichever the case, Disney was able to get everyone's attention away from their *Hercules* failure by creating another success.

So how come Disney hasn't gone bankrupt yet? Easy. Their problem-solving formula is either just plain too obvious for people to care or it's actually working.

Here's how it works: You try to get the public's attention away from the failure by creating a success.

First you try a little advertising

or you release a direct-to-video sequel of one of your greater achievements.

Disney chose *Beauty and the Beast*. They several million dollars (give or take a few million) promoting their product.

The next step is to make sure you have enough merchandise to cover every possible venue.

All of Disney's spin-off merchandise, which flooded every place that sold anything remotely related to toys and stationary from here to Katmandu, attests to this.

A couple of months later, you finally get down to business. You make sure there is no competition from other corporations, then you give the ultimatum. Either the public buys your product or you

make it disappear into thin air.

Just recently, Disney announced that their classic hit, *Beauty and the Beast*, won't be for sale much longer.

Clever, but how else do you get consumers' attention than by making up their minds for them? They've got to buy now or lose out..

Conclusion: after a big flop like *Hercules*, Disney doesn't seem to be above stooping to anything to get the public to spend it's hard-earned cash on them instead of the competition.

As to whether or not this formula will prove successful remains to be seen. It worked with such classics as *Snow White* and *Cinderella*.

Are we truly helpless?

Post-secondary students not in political limelight

Spoke reported last week on a Reform MP failing to catch the interest of post-secondary students in Ontario in a petition for an elected federal Senate.

"More people are apathetic or in a rush to get to classes," said MP Rob Anders in an interview.

This comes when groups of college and university students across the province are protesting in front of government and big-business buildings over upcoming tuition hikes in post-secondary education.

Harris is not going to care about a few students reliving the sixties with sit-down protests.

If the youth of Canada ever wants to be heard, our interest in the clock work of the nation (politics) has to be consistent.

We in post-secondary education tend not to have a lot of money. We tend not to own big corporations. We tend not to vote. We tend not to have any power at all.

What consequences will the provincial government, along with Mike Harris, face if not one student's protest over the hikes is taken seriously? — none!

So bring your posters, slogans, megaphones and angry voices, the way the doctors, teachers and laborers have.

Except these groups have money, power and a vote



Greg Bisch

they use. The government didn't really listen to them either. Harris is not going to care about a few students reliving the sixties with sit-down protests. This is over an issue he believes we will forget as our

attention's are caught by something new like the weekend or midterm exams.

If we want to be heard, we need to show we are dedicated to what we believe in and motivated to see results.

There was a time when the youth had such a voice. It seems a cliche, but the sixties were great years to be young. It was not the drugs, the long-hair or Woodstock. It was the belief that youth could make a difference. And they did.

The sixties truly changed things. The sexual revolution alone can overshadow any contribution I have lived to see.

They might have been misguided back then, but the youth became the world changers.

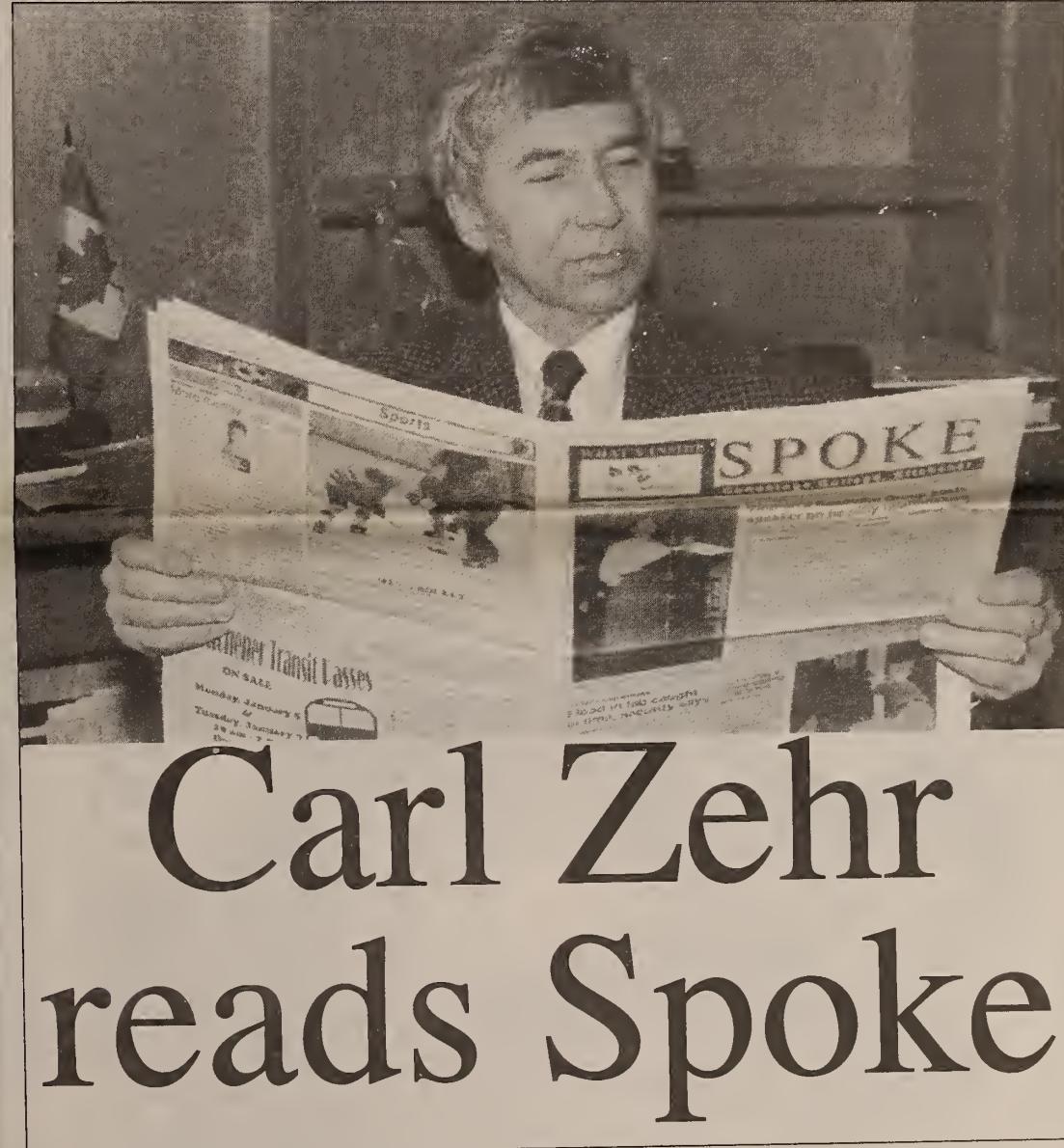
All that is left of that for the youth of today is the pop-culture aftermath. The merchandise world, which we feed, has taken over our culture. Again the power is left with the money grabbers.

Incidentally, not even the politicians have the pull of the Nike corporation.

In the sixties the youth carried one thought, brought it to the forefront of the minds in all generations.

If we put our mind to it, could we accomplish the same?

Watching television the other day something sank in. A group of inner-city kids protesting Nike's abuse of labor in Asian countries. "We made you," they said. "We'll break you."



OSAP NOTICE

TO ALL OSAP RECIPIENTS RETURNING TO SCHOOL IN SEPTEMBER

THE MINISTRY WILL BE MAILING YOUR PREPRINTED OSAP APPLICATION FORM FOR THE 1998-1999 ACADEMIC YEAR IN MARCH 1998.

PLEASE ENSURE THAT THE MINISTRY HAS YOUR CORRECT MAILING ADDRESS ON FILE

YOU CAN CHECK AND CHANGE YOUR ADDRESS ON THE WEBSITE OR DROP YOUR NEW ADDRESS OFF AT THE STUDENT SERVICES OFFICE OR THE REGISTRARS OFFICE

INCLUDE YOUR CORRECT SOCIAL INSURANCE NUMBER WITH YOUR ADDRESS CHANGE

Money matters at Conestoga**Time is right for investing, advisor says**

By Anita Santarosa and
Richard Berta

While the majority of students in the Sanctuary were being entertained by *The Price is Right* on Jan. 28, a total of four students in *The Other Room* were discovering what price is right for their futures.

Helen Charnicovsky, a financial consultant of Regal Capital Planners Ltd., explained money management, RRSPs, mutual funds and tax strategies in four half-hour seminars.

The seminars were sponsored by the DSA.

The gist of Charnicovsky's seminars is that students should do something more practical with their money besides spend it.

"Have priorities," she said. "If you start planning financially early, you will be better off later on. Putting this off is a mistake."

She said some students can spend \$50 or more a week without giving it a second



Helen Charnicovsky, a financial consultant with Regal Capital Planners Ltd., delivers her financial planning seminar in the Sanctuary Jan. 28.

(Photo by Rachel Pearce)

thought, although the same amount of money could be accumulating interest if invested properly.

Time, rate of return and money

were three things that Charnicovsky said were vital to consider when investing for the future.

"Time is the essence of building

funds," Charnicovsky said. "The importance of starting (to save) early and saving often cannot be stressed enough."

She said someone who puts in \$50 per month between the ages of 25 and 65 can expect to have over \$1 million by the time they retire.

In contrast, someone who begins to put in \$100 per month at the age of 45 will only have a little over \$140,000 by retirement.

She suggested that students find a responsible advisor to help them start an investment portfolio.

Charnicovsky also suggested students with part-time jobs file income tax returns and use these returns towards an RRSP.

"Take 10 per cent of your gross income, even if it acts as an emergency fund down the road...force yourself to save something," she said.

When asked about paying off OSAP loans after school, Charnicovsky said debts should be paid off as soon as possible while an RRSP is established at the same time.

She said that what is paid into your RRSP can be deducted from your taxes. The tax returns can then be used to pay off OSAP.

"(This way) you're paying off yourself and your loan," she added. "Don't waste eight years trying to pay off OSAP, you've lost eight years of interest growth on an RRSP."

Charnicovsky said students should establish credit. A good credit rating can only be obtained if bills are paid off regularly and on time.

Maintaining good credit also requires refraining from using credit cards for more than you can afford.

Charnicovsky also recommended avoiding any rent-to-own purchases.

"The real value of the item could be \$500," she said, "but under a rent-to-own system you could end up paying \$4,000 over the course of a year."

Charnicovsky recommended investing in mutual funds, which are not locked in at one set and can save you tax money.

Charnicovsky said that, in spite of the low student turnout at the seminars, there is an increased student interest in investing in society.

She said much of this interest is stimulated by the thought that by the time of retirement for today's students there won't be a Canada Pension Plan.

"But if you start investing now, you won't have to worry about that," she said.

"Having a financial plan doesn't mean you have to have money," Charnicovsky said.

Witmer announces Women's Health Council

By Rachel Pearce

Speaking at the second annual Women's Health Matters Forum and Expo in Toronto Jan. 23, Health Minister Elizabeth Witmer announced the establishment of a new Women's Health Council.

The council, comprised of a team of experts, is led by Toronto lawyer Jane Pepino. Pepino has long been actively involved in a number of boards and commissions including the Canadian Advisory Council on the Status of Women.

The council will be reviewing and advising the government on a variety of women's health issues.

"This is all part of restructuring," said ministry spokesperson Dave Ross in a telephone interview. "It is a government priority."

The council will cover health issues in three areas. The first area includes issues relating to the major stages in women's lives; teen problems with smoking and eating disorders; maternal and newborn care and mid-life and older women.

The second area focuses on treatment and prevention of health problems such as cardiovascular disease.

The third area will attempt to find new ways to educate women of all ages about disease prevention and health promotion.

Ross said the need for a women's health council was identified by a women's health commission.

The new council has a budget of about \$10 million over the next few years. The ministry currently spends \$216.5 million annually on programs directly related to women's health.

Ross said he does not know whether the Women's Health Council will have its own website in the near future.

More information on women's health matters and the Ontario Ministry of Health can be obtained by visiting the ministry website at <http://www.gov.on.ca/health>.

"We will be working very quickly on this council," said Ross.

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Peer support worker makes student life easier

By Anita Santarossa

There is much organization, time and effort put into peer services and the workshops they provide. Peer support worker Lynn Robbins is one of those dedicated to making student life a more pleasant experience.

Robbins assists students with time management, transition issues, procrastination, study methods and much more.

She began at Conestoga College Sept. 1, 1997, after a six month co-op placement with peer services while completing her masters of social work at Wilfrid Laurier University.

"It was nice to get a job where you are already familiar with the people and surroundings," said Robbins.

She said she feels she was lucky to have obtained a job in such a short time after graduating.

"My co-op placement was an asset for me as well as the college since they did not have to train anyone," said Robbins.

Between 1986 and 1991 she completed a joint honors program in psychology and sociology at the University of Waterloo.

After her B.A. she decided to take a social work certificate course at Renison College, at the University of Waterloo, to make sure this was what she wanted to do.

"I respect the education system very much in the essence that it is available to us, but I relate totally with students financially, socially and emotionally since I was a student not long ago."

"It's a difficult time," said Robbins. "You need a lot of money to get an education and hopefully we can think of more services to provide for students to make getting an education a little easier."

Cutbacks have also affected her in trying to pursue her goals. She had to work full-time after her bachelor of arts to do her masters plus work at part-time jobs during school.

"Mind you I didn't have any children and I can't imagine what that would have been like," said Robbins.

Before going back to get her masters degree she worked in corrections for four years. Though it was time off school, she said she found working to be a positive because she gained experience.

At present she is familiarizing herself with the software available to improve the literacy lab.

She always asks herself what new services she can possibly provide to help students effectively and efficiently.

"Workshops are a big part of what I do," she said. "I just hope that students access them more, I think they are very valuable."



Lynn Robbins, peer support worker at Doon, says she receives pleasure in seeing students succeed. (Photo by Casey Johnson)

students lives.

"Being part of a student's success is a great feeling," she said.

"Of course there are always the heart-breaking situations where the student is stuck in recidivism, but these experiences only occurred when I was in corrections, I haven't had any bad experiences here at Conestoga," Robbins said.

Robbins admits that it is difficult to ask for help, especially in secondary education where students are expected to be competent enough to figure things out. "This puts a lot of pressure on students," she said.

When asked about her best experience she said it was the great pleasure she receives in seeing the significance that help makes in

Unclaimed contest prizes pile up

Beaver Foods asks students to check posted list for winners

By Barbara Ateljevic

Students who enter contests sponsored by Beaver Foods should check the list of winners posted behind the cashier in the main cafeteria, the supervisor of Beaver Foods said.

Donna Delahunt said the cafeteria is holding unclaimed prizes from as far back as September's Mr. Bean contest, as well as a number from the milk and NBA contests in October and November.

The reason for students' failure to pick up prizes may be that they finish their courses or because they don't check the list on the bulletin board in the cafeteria, Delahunt said.

Contest winner lists are posted for two to three weeks, she said.

Delahunt said although promotions are run from the head office, students should let Beaver Foods know if they are looking for something different in the contests.

"If they're interested, they should give us some feedback," she said. "Comments are available in all cafeterias or they can talk to the cashiers."

Delahunt said she wasn't sure what Beaver Foods would do if any prizes remain unclaimed, but said they might be used in future contests.

The Mr. Bean contest winners who still have unclaimed prizes are: Brian Doonta, Mary McElwain, Teresa Sutherland and Kyla Schulz.

For November's milk contest,

winners who have prizes are: Anne Marie Burns (CD), Anne Marie Burns (Bell card), Amanda Swartz, S. Johnstone, Jenn Paul, Michael Clemons, Mark Arthurs, Rob Martin, Shona Kroeker, Sarah Ketchell, Chris Kroeker, M. Nummelin, Sue Scott, Dennis Landry, Vilaysouk Soumolphakdy and Cheri Oestreich.

The NBA contest's winners are: Dave Vandenberg, Stephen Heldt, Joel Price, Kelly McBride and Lianne Dougherty.

Roses are red,
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Guest speaker says self-acceptance is the key

Dispelling eating disorder myths

By Amanda Fickling

Conestoga College began eating disorders awareness week in room 2A11-1 Monday at 12:30 p.m. with a guest speaker on anorexia nervosa and bulimia.

Marg Notar, a social worker at Grand River Hospital, addressed about 30 students, four of whom were male, on eating disorders.

Notar explained the signs of each disease, the group of people who are at a higher risk of developing an eating disorder and what to do if someone you know may have an eating disorder.

During the presentation, myths about these conditions were unveiled. Anorexia nervosa is not a disease where people starve themselves.

"A number of people with anorexia actually binge-eat," Notar said.

About 55 per cent of eating disorders fall into the anorexia category, said Notar. Nine out of

10 anorexia cases are a female issue, although more men may have the disease than is recognized.

"Men may not seek help as often as women, therefore the number may be low," she said.

Anorexia nervosa is the weight loss of 15 per cent or more of the "ideal body weight", or a refusal to maintain weight at or above minimally normal weight for a person's age and height, said Notar.

"Ideal body weight" has quotes around it because it means ideal according to the body mass index, not ideal according to the person with anorexia," said Notar.

Anorexia also involves an intense fear of weight gain. Notar said that she often presents anorexic patients with a hypothetical deal.

She said she will take away their anorexia and all of the problems associated with anorexia, but in turn the patient would gain

10 pounds. Then she asks which they would choose. There usually aren't too many who would make the deal.

"Gaining any kind of weight is seen as getting fat," she said.

Notar explained that bulimia is a disease where people have recurrent binge-eating episodes wherein large amounts of food are eaten rapidly and secretly, in a relatively short time with a lack of control.

"People with bulimia eat greater than average quantities of food," said Notar.

Females in the age group

between 12 and 25 are at the greatest risk of developing an eating disorder, said Notar.

"This doesn't mean that a woman who is 35 won't develop an eating disorder, but if she hasn't had a disorder before, then chances are that she won't ever develop one," she said.

Females and males involved in activities or careers where their success is based on their thinness are also in the high risk group.

Notar included models, dancers, gymnasts and wrestlers in this category.

If there is a family history of

eating disorders, a person may also be vulnerable to the diseases. Even though anorexia and bulimia are not inherited genetically, Notar insisted that being surrounded by certain attitudes can have an effect and may lead to an illness.

"The diseases can often be learned behavior," she said.

Getting over an eating disorder is not a question of eating healthy or staying away from junk foods, she said.

"Eating disorders are about attitudes, not food," said Notar. "A full recovery from an eating disorder is about self-acceptance."



How's the water?

Elissa Blowe, third-year broadcasting student, interviews DSA president Chris Kroeker after his return from the frigid waters of the Doon campus pond during this year's Polar Plunge, Jan. 29. This year 31 jumpers raised \$1247.56 for the Heart and Stroke Foundation.

(Photo by Barbara Ateljevic)

Personal Safety Seminar

Topics Covered:

- Personal Safety Awareness
- How Victims are Targeted
- Date/Aquaintance Rape Avoidance
- Physical Escape Techniques

**Monday, Feb. 9
and
Tuesday, Feb. 10
3:30 pm - 5:30 pm
The Sanctuary**

Class size is limited to 40 participants. Register today at the DSA Office.



ELECTION NOTICE

ONE PERSON IS TO BE ELECTED AS A MEMBER OF THE CONESTOGA COLLEGE OF APPLIED ARTS AND TECHNOLOGY BOARD OF GOVERNORS FROM EACH OF THE FOLLOWING TWO CATEGORIES:

ELIGIBILITY IS AS FOLLOWS:

STUDENT

OPEN TO ALL FULL TIME AND PART TIME STUDENTS ENROLLED IN A PROGRAM OF INSTRUCTION A GROUP OF RELATED COURSES LEADING TO A DIPLOMA, CERTIFICATE OR OTHER DOCUMENT AWARDED BY THE BOARD OF GOVERNORS

TERM OF OFFICE: SEPTEMBER 1, 1998 - AUGUST 31, 1999.

SUPPORT STAFF

OPEN TO ALL FULL TIME AND PART TIME PERSONS EMPLOYED BY THE BOARD OF GOVERNORS AS A MEMBER OF THE OFFICE, CLERICAL, TECHNICAL, HEALTH CARE, MAINTENANCE, BUILDING, SERVICE, SHIPPING, TRANSPORTATION, CAFETERIA OR NURSERY STAFF.

TERM OF OFFICE: SEPTEMBER 1, 1998 - AUGUST 31, 2001.

The terms of reference for these elected internal members are the same as those for externally appointed members of the Board of Governors. Nomination forms will be posted on February 19, 1998. Nomination forms will also be available in the office of the Secretary-Treasurer of the Board (Kevin Mullan).

Closing date for nominations: MARCH 12, 1998

Lists of nominees to be posted on campus bulletin boards on March 23, 1998.

ELECTION DATE: WEDNESDAY, APRIL 1, 1998

Problem gambling

When lady luck takes a turn for the worse

By Jamie Yates

Across Ontario and Canada, casinos have been popping up in increasing numbers.

Many people have probably questioned whether this growing form of entertainment will increase the numbers of problems regarding gambling.

Jane Scott, director of programming at the Canadian Foundation of Compulsive Gambling, said the increase in availability may increase the problem, but there isn't concrete evidence to prove it could increase problem gambling.

"Developing a problem depends on the area and what is available and what is accessible to the individual," said Scott.

In Ontario, Scott said approximately one per cent of the population (or 100,000 people) are pathological gamblers and approximately two to five per cent are problem gamblers. A pathological gambler, the more serious of the two, has an impulse control disorder that can affect such things as the individual's family life or financial status, said Scott. A problem gambler can also experience financial problems, but the condition is less severe, she said.

A gambling problem can affect a person's life in many ways.

"It can be absolutely devastating," said Scott.

Scott said areas such as family, career and financial status can be destroyed as a result of gambling.

"With the family, first there is a lack of trust," said Scott.

She said people will lie about their problem and about where they have been or what they spend their money on.

There is also anger, and families can become dysfunctional, she added.

Regarding the person's career, Scott said people sometimes embezzle money on the job, lose their job, or lose trust with their employer.

Scott said gambling is often a hidden problem because the individual will often hide the problem from family members.

Scott said people will do a number of things to support their gambling habit.

"Some take up prostitution, take things from home, take money out of piggy banks or even drive hours to gamble," she said.

Scott said she encountered a salesman who drove three

hours to gamble during his work hours.

When asked how a person becomes addicted to gambling, Scott said there are a number of factors. She said people at risk can be both women, men and adolescents and that gambling is not generally linked to financial circumstances. A gambling problem, Scott said, can be developed through learned behaviour, such as witnessing a parent who gambles; it can be inherited genetically; it can increase in individuals with other addictions; and can increase in people experiencing emotional turmoil, such as a person gambling to forget his or her difficulties.

Scott said women and men are at equal risk of developing a gambling problem, but she added that women are more likely to develop a problem later in life or in their 30s.

Scott said approximately 10 per cent of problem or pathological gamblers seek treatment. She said although women and men are equally susceptible to developing a gambling problem, people who seek treatment at the Canadian Foundation are a 70 per cent male and 30 per cent female split. But Scott added that the number of females coming in for treatment is slowly increasing.

Scott said many problem gamblers do not seek treatment. She feels it is important to raise awareness of the issue.

Treatment, said Scott, first involves an assessment of the individual. A decision is then made regarding what rehabilitation program he or she should take, she said.

For individuals seeking help for gambling, Scott said there is a problem gambling help-line available. The line is confidential, anonymous, free and operates 24 hours. Call 1-888-230-3505.



Approximately one per cent or 100,000 people in Canada are pathological gamblers. Two to five per cent are problem gamblers.

(Photo by Jamie Yates)

Could you be a problem gambler?

Gamblers Anonymous' 20 questions

Gamblers Anonymous offers the following questions to anyone who may have a gambling problem. These questions, at www.gamblersanonymous.org, are provided to help the individual decide if he or she is a compulsive gambler.

1. Did you ever lose time from work or school due to gambling?
2. Has gambling ever made your home life unhappy?
3. Did gambling affect your reputation?
4. Have you ever felt remorse after gambling?
5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
6. Did gambling cause a decrease in your ambition or efficiency?
7. After losing did you feel you must return as soon as possible and win back your losses?
8. After a win did you have a strong urge to return and win more?
9. Did you often gamble until your last dollar was gone?
10. Did you ever borrow to finance your gambling?
11. Have you ever sold anything to finance gambling?
12. Were you reluctant to use "gambling money" for normal expenditures?
13. Did gambling make you careless of the welfare of your family?
14. Did you ever gamble longer than you had planned?
15. Have you ever gambled to escape worry or trouble?
16. Have you ever committed, or considered committing, an illegal act to finance gambling?
17. Did gambling cause you to have difficulty in sleeping?
18. Do arguments, disappointments or frustrations create within you an urge to gamble?
19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling?
20. Have you ever considered self destruction as a result of your gambling?

Most compulsive gamblers will answer yes to at least seven of these questions.

South Korean resident wins dream home lottery

By Rachel Pearce

When it comes to gambling or lotteries, there are always plenty of losers, and a few ecstatic winners.

But the winner of this year's 12th annual Kitchener-Conestoga Rotary Club dream home lottery doesn't even know how lucky he is.

Stephen Bridson, whose name was on the winning ticket for the fabulous home, worth about \$320,000, was not among the throng of on-lookers Jan. 1 as Kitchener Mayor Carl Zehr made the draw.

Zehr looked perplexed as lottery officials declared the winner to be from South Korea — after all, it was supposed to be a community event, the prize to go to a lucky local.

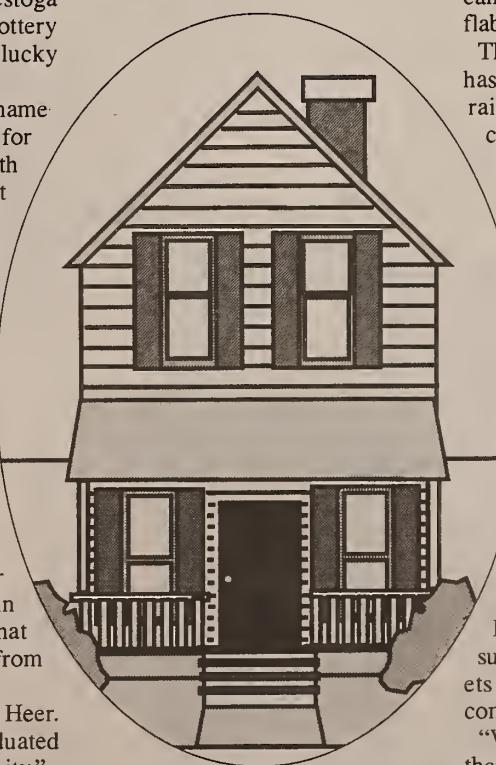
But project chairman Bob Heer, who finally contacted the winner's mother after plenty of phone calls, said in an interview Feb. 2 that Bridson is definitely from the area.

"He's a teacher," said Heer. "He and his wife both graduated from Wilfrid Laurier University."

Heer said Bridson and his wife, Mandy Clarke, moved to South Korea to teach English, after being unsuccessful at finding

suitable jobs in the area.

"His father bought the ticket for him," said Heer. "We haven't been able to contact him but we have been in touch with his mother and we've been sending E-mail messages to him."



"Right now, the couple are celebrating the Chinese New Year in Thailand. They're expected

back (at their temporary home in South Korea) by the end of the week."

Heer said he took Bridson's mother, Betty Bridson, for a tour of the home.

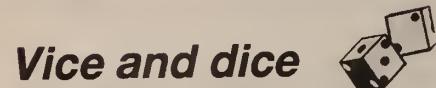
"She was pretty high yesterday, I can tell you," he said. "She was flabbergasted with it, really."

The dream home lottery project has helped the rotary club raise about \$2.5 million for the community over the past 12 years. This year's proceeds will total about \$350,000 and will help pay for the operating costs of the club's Rotary Resource Village, used by a variety of local organizations.

"It's certainly our most successful fund-raising event, no doubt about it," said Heer. And there will definitely be another next year, he said.

"I already have a fax on my desk from next year's project chairman, telling me to 'get a move on,'" he said. Heer said the lottery is successful, even though the tickets cost \$100 each, because it is a community project.

"When people buy their tickets, they say, 'Hey, I'll take a chance on the house. If I win it, fine. If I don't, hey, the money's going to a good cause.' It's being put back into the community."



Vice and dice Chamber of commerce plans to keep casinos from rolling into town

By Dee Bettencourt

Call it gaming, or call it gambling; it doesn't matter. The Chamber of Commerce of Kitchener and Waterloo doesn't like either and plans to keep the charity gaming casinos proposed by the Ontario government in Bill 75 far from their turf.

Janet Ferrede, education and government affairs co-ordinator with the Chamber, said the Chamber does not hold the jobs dangled by casinos for residents in very high esteem.

"Do you think all the spin-off problems that gambling can cause is worth a couple of hundred

minimum-wage jobs?" she asked. "We have two universities and one college packed with highly-skilled workers - they are who we would rather attract commercial customers to."

The Chamber, as well as former mayors Richard Christie of Kitchener and Brian Turnbull of

Waterloo, have spent several years collecting research on gambling enterprises throughout Canada and the U.S. They are convinced the massive revenues the Ontario government will gain will be from recycled cash, cannibalized from other businesses.

How much money are we talking about? Niagara, Windsor and Orillia casinos raked in \$664 million in 1996. Projected revenues when all 44 charity casinos and 150 video terminal lotteries in each casino are in place are estimated at over \$1.5 billion annually.

Given our community's historically thin slice of the provincial financial pie (i.e. we collect less than our fair share of health care), it would be a bad bet to assume we would receive a proportional piece of casino action.

"We already have two charity bingos, run by our community, with all those funds kept within our community," said Ferrede.

"But who is to say casino cash will be spent here? The government will control it and we have no guarantee of ever seeing it again."

Ferrede said that gambling enterprises do not fit with the Chamber's vision of economic development for Kitchener and Waterloo. She said she is also concerned over problems such as family disintegration and addictive behavior.

According to the Illinois Institute for Addiction Recovery, VLTs in particular dramatically reduce the length of time between first bet and pathological gambling by 20 years. Adolescents are four times more vulnerable to this disease than adults, leaving those youth with a lifetime legacy of addiction.

Industry Minister Bill Sauderson, responsible for the VLTs, said he thinks the government is approaching this issue correctly as they are not installing the gambling venues all at once and

are moving slower than some other provinces such as Nova Scotia, British Columbia and Manitoba.

As the heat over this issue continues to rise, the fate of our casino-free community may be cooked, unless another bylaw preventing the expansion of gambling in Kitchener-Waterloo can be constructed and put in place before the existing bylaw lapses in September of this year.

Rather than focus on the business of vice, dice and coattail economics, Ferrede said the Chamber would prefer to concentrate on more important issues, such as health care.

"It's good health care that will draw business and investment to a town, not a casino," said Ferrede. "If you don't have that, no one will want to come. Except the casinos."



Compulsive gambling

Expert says gambling addiction has one of highest suicide rates

By Jamie Yates

A gambling problem cannot only drain a person's life savings and create family and career difficulties, but it can also put a strain on his or her emotional and mental well being.

Gambling addiction has one of the highest suicide rates, said Jane Scott, director of programming at the Canadian Foundation of Compulsive Gamblers in Toronto.

Whether it be buying lottery tickets, horserace betting or poker, all forms of gambling can be addictive. Recently, there have been several suicides in the western provinces of Canada related to addictions to video lottery terminals.

According to an article in the

Globe and Mail, a Manitoba man named Dennis Wynant took his own life last November after making dozens of debit-card withdrawals at two Winnipeg Beach establishments to feed his VLT gambling addiction. The article said Wynant left a series of notes in which he blamed his suicide on an addiction to gambling.

Another article, provided by Scott at the Canadian Foundation, said a Winnipeg man named Kelvin Blais, whose family said he was consumed by an addiction to VLTs, was found dead in a bush area. The article said a suicide note was not found, but a medical examiner said a VLT addiction appears to have been a factor in the death.

Scott said there have been

approximately four to five suicides related to VLTs.

She said some gamblers feel suicide is the only answer because of the shame and financial difficulties created by their addiction.

"I'm sure a large amount (of gamblers) have thought about it (suicide)," said Scott. "Some have tried, others succeeded."

Video lottery terminals are in many provinces across Canada. Scott said VLTs are currently legal in nine provinces with the exception of British Columbia, Yukon and the North West Territories. Scott added that each province has its own rules regarding the use of VLTs.

VLTs can be found in charity casinos and commercial casinos, said Scott, and, in some provinces, at corner stores and bowling alleys.

Scott said some games on VLTs are video poker, bingo and a game similar to slot machines.

When asked if VLTs have the potential to be more addictive than other gambling games because of the availability of the terminals, Scott said the terminals are addictive because of their instant gratification.

She said VLTs have been favored in some areas because they give the highest percentage of return (wins) to the player.

Playing for points

removes the idea that the individual is playing for money, although they are.

Jane Scott, Canadian foundation of Compulsive Gamblers

Scott said VLT's play for points. A person puts money or a token in the machine, then plays the game and they are rewarded or penalized by points, she said. She said the person can then print out a slip of their points when they are through and cash it in.

Scott said playing for points

removes the idea that the individual is playing for money, although they are.

"It makes people look at it as all a game with no investment," she said. "This can create problems."

Scott also said to look at the odds of playing a VLT as playing against a programmed microchip.

She said the game is programmed to know when to reward a person, even if it is a small win, to keep them playing.

The article in the Globe and Mail said Manitoba Lotteries Corp. forbids VLT site holders from giving money to gamblers by cashing cheques, cash advances on credit cards or Interac debit cards.

Scott said she feels this act is very innovative and hopes it can assist those individuals who have the inability to know when to stop.

"I hope it is successful and helps the individuals who need help," she said.

Class Rep. Meeting Schedule

Tues. Feb. 10

or

Thurs. Feb. 12

**3:30 pm, The Other Room
in The Sanctuary**



**CALL FOR NOMINATIONS
FOR THE AUBREY HAGAR
DISTINGUISHED TEACHING
AWARD**

Nominations open January 5th, 1998
close March 9th, 1998

Nominations forms available from the selection committee members.

For details contact a committee member:

Lana Lee Hardacre (ECE x369)
Stu Hood - (Guelph 824-9390)
Tony Kattenhorn - (Doon x213)
Ruth MacIntyre - (Stratford 271-5700)
Jane McDonald - (Doon x719)
Alix McGregor (Doon x430)
Arden Mertz - (Doon x276)
Mark Salmikivi - (Doon x353)
Ted Spicer - (Doon x282)
Brent Walker - (Doon x209)

IT'S ENTERTAINMENT

Diggin' the vibes with the Matthew Good Band

photos and story by Amy Sonnenberg



Dave Gann of the Matthew Good Band performs at Stages Jan. 27.

Despite a case of strep throat and sedation from medication Matthew Good put on a fine show along with his band at Stages on Jan. 27.

The band played songs mostly off their latest album *Underdogs*, from the rock single Automatic to the slower more subdued Apparitions. They also threw in the title track from *Raygun* and fan-favorite Symbolistic White Walls from *The Last of the Ghetto Astronauts*.

Dave Gann, lead guitarist for the Matthew Good Band, described the band's music as "classic rock of the future" in a pre-show interview. However, he added it should be up to journalists to describe the Matthew Good Band's music to their readers.

I'd say it's basic rock, nothing more, nothing less; there's no blues, no country, no jazz and no techno beats mixed within. It's simple, but not boring or talentless.

It has a slightly somber feel, not drab or dreary, but not terribly upbeat or pop-ish, either.

One thing about Gann and Good, along with bassist Geoff Lloyd and drummer Ian Browne, is they are not bitter or aggressive, like so many bands tend to be, especially in interviews.

"We're from the suburbs near Vancouver," Gann said. "Our parents are still together and we really haven't had any big, traumatic life experiences. If other musicians can be jerks and get away with it, all the power to them. But we're not like that."

So where do musicians get their song ideas from if they haven't experienced harrowing life trauma?

"Every song starts with a vibe or color," Gann said.

"You have to take a raw idea and expand on it until it becomes something tangible."

Most of the songs are written by Gann and Good, with Good writing most of the lyrics.

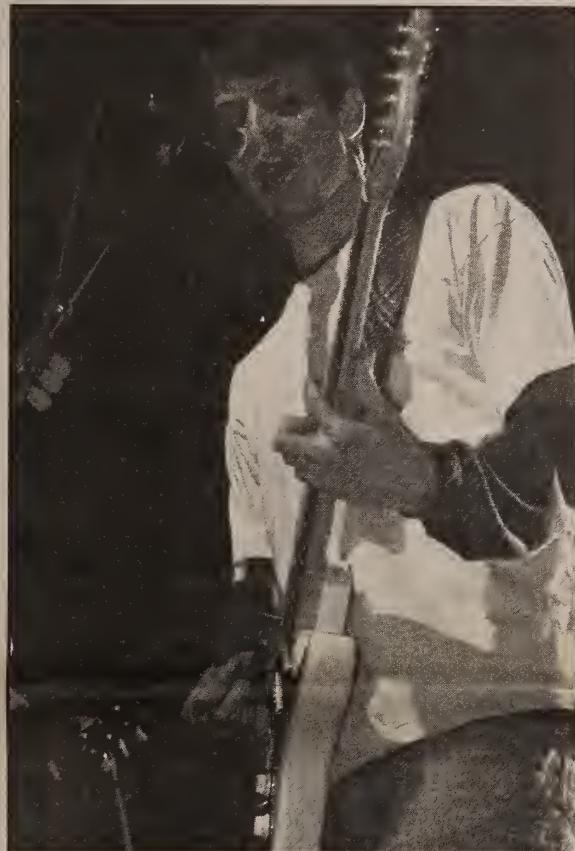
"Matt is extremely prolific, and spends a lot of time working on lyrics and music," Gann said.

Gann said he and the band don't want to follow a lot of the trends in music today.

"Radio is driven by hitmakers, by one hit wonders," he said. "We don't want to be like that - we want to be long-lasting."

One misconception many fans have of their favorite musicians is that they're either too famous or too arrogant to approach after a show. Like many other bands, the Matthew Good Band is the opposite. They're really cool guys and they seem to enjoy meeting their supporters.

"I love the fans," Gann said.



Matthew Good belts out vocals to such hit songs like Symbolistic White Walls at a recent performance at Stages.

A SOUND ALL THEIR OWN

photo and story by Amy Sonnenberg

From bouts with the RCMP to encounters with crazed chickens to finding strange girls in their beds, Wide Mouth Mason has had their share of maniacal adventures while touring in support of their self-titled debut. No matter what tomfoolery may occur backstage before a concert, the trio still manages to put on one of the best shows I've seen in a while.

By far, the highlight of the band's performance at Stages on Jan. 27 was Shaun Verreault's amazing vocal range and finesse on guitar. It's hard to believe such a mighty voice can come out of a guy so small. It's also amazing how much expertise and genuine emotion can come out of a guitar being played by a guy so young. You can just tell by his facial expressions and body language that he feels every note he plays, which is almost a thing of the past in an age of power cords.

In fact, the entire band exhibits talent beyond their years. Along with bassist Earl Pereira and drummer Safwan Javed, their music and stage presence suggests a rapport of bands who have been together for decades.

However, still a new band, the guys are often asked to describe their musical style.

"We often have a lot of slashes from reviewers," Verreault said in a pre-show interview, "like blues/rock/jazz/soul/etc. We don't want to be labeled. What we're aspiring to is to

sound like Wide Mouth Mason."

They certainly have a sound all their own, but the slashes in reviews are rather unavoidable. Wide Mouth Mason (named simply after the jar) has so many different sounds and influences, it's difficult to classify them as rock or blues or anything else. From the straight-ahead rock tune *Midnight Rain* to the bluesy *Mary Mary* to the funky *Tell Me*, the band covers nearly every musical genre there is.

Another highlight of the show was the mini blues jam session the band stuck in between covers of Stevie Wonder's *Superstitious* and *Mary Mary*. Very few bands nowadays, especially younger ones, actually jam in concert. Too often bands just play their music as it's recorded and head back to the hotel. No surprises, no treats for the fans. But Wide Mouth Mason played a Stevie Wonder cover and jammed some B.B. King, Jimi Hendrix and a touch of Eric Clapton, as well as original on-the-spot unrehearsed Wide Mouth Mason.

Verreault, a proud Canadian hailing from Saskatoon, is tired of the stereotype given to Canadian bands.

"Some people think being a Canadian band is like saying, 'Do you mind if my little brother plays with us?'" and that just isn't the case," he said. "We don't want people to look at us that way."



Shaun Verreault of Wide Mouth Mason performs at Stages Jan. 27.

Wide Mouth Mason

HEY

CONCERT REVIEW

SISTERS OF MERCY PERFORM FOR DEVOTED FOLLOWING

by Barbara Ateljevic

The United Kingdom's goth rockers the Sisters of Mercy stopped in Toronto on their five city North American tour to play a sold-out show at the Warehouse Feb. 1.

The three-member band rocked an all-ages crowd varying in age from around 12 to 50.

Once the vision of goth with his long jet black hair, emaciated frame and pale skin, lead singer Andrew Eldritch shocked the crowd with his new look: bleached blonde short hair and weighing about 10 pounds more.

The audience, most of whom had waited in line for an hour and two hours inside, started to get restless waiting for the band to start. However, once the lights dimmed and the background music stopped, the energy and anticipation of the audience was felt and all the waiting seemed to be forgotten.

Brilliant shades of green and purple illuminated the stage and swirled through the fog while quiet, but intense, chords started to rise in volume. Through the smoke and with perfect timing, the band appeared playing *First and Last and Always*, a song from their first album of the same name.

Eldritch sported traditional attire: black leather pants, flowing white shirt, black jacket and dark sunglasses. After welcoming the audience, the band headed into a new song, similar to their old style, but with a more modern and fresher edge to it.

Eldritch, known to be antisocial,

visibly relaxed as the audience welcomingly responded to the six new songs by dancing and cheering.

The Sisters of Mercy included their club hit *Temple of Love* and played the more well-known *Dominion/Mother Russia* and *Flood* from their third album *Floodlands*.

They also performed *Detonation Boulevard*, *Ribbons* and *Something Fast* from their last original release *Vision Thing*.

Besides *Temple of Love*, the only thing, disappointingly, they played from perhaps their best album, *Some Girls Wander By Mistake*, was *Anaconda*.

Eldritch also sang *Giving Ground* and *Train*, songs from his old band, the Sisterhood; *On The Wire*, a lesser-known Sisters of Mercy song available only on EP and *Amphetamine Logic* from *First and Last and Always*.

For the encore, Eldritch and his band returned to play a surprisingly good version of Pink Floyd's *Comfortably Numb* that led into their own soulful ballad *Some Kind of Stranger* from *First and Last and Always*.

On this note, the band left the stage again but reappeared after about five minutes as the audience cheered for more.

Eldritch got the audience going with *This Corrosion*, another more well-known and old time favorite from *Floodlands*.

He moved from one side of the stage to the other, encouraging the audience to cheer and sing along with him, ending the show on a high note.

Disappointingly, the show, along with the two encores, lasted only an hour and a half. For the price of the ticket (\$36) and the fact there was no opening band, one would expect more.

Considering they are only playing five North American cities, it is obvious they are not playing night after night and should have the energy to play longer.

However, the audience seemed to think the show was worth the money, considering it was probably the first, and maybe last, time fans would see the band play live in Canada.

The last time the band was in the area was their show with Public Enemy at Kingswood Music Theatre in 1993. Most fans didn't even know they were here at the time.

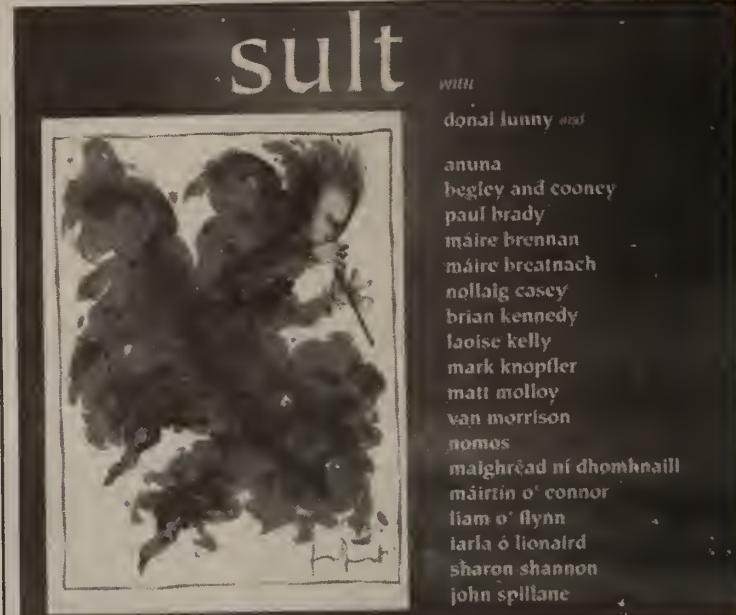
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This is one band that definitely sounds better in concert than on their albums.



CD review

Celtic compilation releases spirit of music



by Natalie Schneider

The new release of *Sult: spirit of the music* is a magical ride into the compelling, haunting sounds surrounding Ireland.

A lot of music is merely listened to, but it can be much more than that. Some music can bring forth an audio of feeling and passion. This is exactly what *Sult* accomplishes.

The CD's leaflet explains that the music was composed as a soundtrack for a music series orchestrated for Irish Gaelic television. *Sult* is a collection of 17 songs boasting a diverse group of performers such as Van Morrison, Martin O'Connor and Matt Molloy.

From start to finish, *Sult* is dazzling and refreshing. Although the last two years have seen a mass production of regurgitated Irish music, *Sult* seems to stand apart. While many of the songs probably wouldn't be played regularly on mainstream radio, it still holds its own in the industry.

The opening song, *Sult* theme, performed by the *Sult* House Band featuring John McSherry, is a short but captivating instrumental. The harmonious mixture of keyboards, fiddles, bass, drums, pipes and bouzouki produce a fresh new tune in music.

On a different level is track two performed by Van Morrison dubbed St. Dominic's Preview. Undeniably, a classic song from

WITH
donal lunny and
anuna
begley and cooney
paul brady
maire brennan
maire breathnach
nollaig casey
brian kennedy
laoise kelly
mark knopfler
matt molloy
van morrison
nomos
maighread ni dhomhnaill
martin o' connor
liam o' flynn
iarla o' lionard
sharon shannon
john spillane

the man who brought us Brown Eyed Girl.

Another song that is definitely worth mentioning is the eleventh track by Matt Molloy, 'Scaruit na gCompanach', meaning The Parting of Friends. Here you'll find an amazing instrumental. The true simplicity of Molloy's flute evokes a tremendous feeling of peace.

While a lot of the songs are original, there are a few songs that are easy to overlook. With a title like Liquid Sunshine, one could only imagine that track eight would be cool. Surprisingly enough, it wasn't. Although obvious effort went into it, the song is painfully repetitive and oom-pa-pa-ish.

The fact that the CD incorporates country, soul, classical and modern music makes it all the more appealing. No matter what your listening pleasures include, anyone is bound to find something to suit their musical tastes.

With a world filled with sporadic harsh sounds blasting through woofers, tweeters and home entertainment centres, *Sult* offers a refreshing escape from all of that. Don't take that the wrong way though, *Sult* is anything but boring. Yet it offers listeners something more innovative than the usual.

The CD has been appropriately named, since *Sult* is a Gaelic word for pleasure. All you need to do in order to find a little pleasure is listen to the CD.



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HEY

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Pantera brings full metal assault to Toronto

by Lisa Roberts

If there's any indication as to how popular the resurgence of heavy metal is at present, it's the fact that tickets to the recent Pantera show in Toronto sold out in weeks following the announcement of the Texan's local appearance.

However, I lacked the luxury of buying advance tickets and, therefore, kept scalpers in business by paying an exorbitant sum on Jan. 29 to guarantee I wouldn't miss this gig. Top that off with less than ideal driving conditions and an hour-long lineup into the Warehouse in disgustingly wet weather; I was hoping all this effort would pay off.

To my infinite delight, Pantera displayed no remorse during their recent Toronto invasion. It was the only Canadian date on the last leg of Pantera's latest promotional tour in support of their last studio effort, *The Great Southern Trendkill*. They brought along Coal Chamber, fresh from the recent Megadeth tour, and retro-thrashers Anthrax as openers.

Unfortunately, I got into the Warehouse just in time for Coal Chamber to leave the stage. However, I was to find out the band received a warmer response than the one they got while opening for Megadeth only three weeks ago in the same venue.

Next up was Anthrax. Lead screamer John Bush showed off his well-tuned pipes for an appreciative audience, as well as his recently shaved head. Following the trend of shortening one's locks, I guess. Nonetheless, this didn't hamper the sound one bit as Anthrax opened their set with *Caught In A Mosh*.

Mixing ample helpings of older material with newer, Anthrax managed to please fans from all parts of the band's discography. *Got The Time*, a cover of a Joe Jackson song, whipped the mosh pit into a frenzy. Only, from the *Sounds Of White Noise* album, was followed with a blistering rendition of *Bring The Noise*,

originally recorded with Public Enemy. There were only two tracks from the latest release, *Stomp 442*, on the set list, including *Room For One More*.

As a bonus to Anthrax's performance, fans were treated to an impromptu performance of *Emperor Dethroned*, originally done by Celtic Frost, with two special guests. As the stage was bathed in a red glow, Phil Anselmo of Pantera handled vocal duties while Dez Farfara from Coal Chamber prowled the stage with a wrought iron candelabra, a black Darkthrone T-shirt and an eerie grin.

As the lights dimmed, *Good Friends And A Bottle Of Pills*, from the *Far Beyond Driven* album, resounded through the Warehouse. Anticipation hummed throughout the gathering, then broke into a cheer as the Texas metal heroes took to the stage.

Breaking into *Mouth For War*, from *Vulgar Display Of Power*, Anselmo and crew began a 90-minute set that was nothing short of exhausting and chaotic.

Guitarist Dimebag Darrell personified the stereotypical metal musician role as he flung his long mane about and led the way through *Walk*, easily a crowd favorite. *War Nerve* and *Suicide Note Pt.2*, from the last studio release, gained a warm reception from the crowd, and was followed by a grinding version of *I'm Broken*.

Drummer Vinnie Paul showed no mercy with his rapid fire rhythm techniques during *Becoming*, which was also accompanied with the mandatory strobe lights.

The set did come to a close eventually, and they finished off with the title track from their first major release, *Cowboys From Hell*. Encouraging everyone to participate, Anselmo didn't let his energy falter one bit as the show wound down.

Sweaty, broke, with a fractured toe and badly bruised knee, I decided, as I dragged my beaten body out of the Warehouse, that the show was indeed worth it.

DSA Elections '98

**Voting Opens
Mon. Feb. 16
to
Thurs. Feb. 19**

Voting Locations and times
will be posted in next week's edition
of SPOKE.

More information
is available
at the DSA Office



Getting up close and personal with Crimson

photo and story by
Natalie Schneider

A good way to witness an intimate and interactive show, instead of watching Much Music, is catching a concert at Mrs. Robinson's, 122 Weber St., Kitchener. This small cozy club is the perfect place to catch live music the way it should be - impulsive and in your face.

Headlining Jan. 28 was the Hamilton-based band Crimson, appearing for an hour-long session of uninterrupted rock.

Opening bands Bumble Bunny and Snap Gun both had amazing stage presence and wicked music to boot. But while both bands blew audience members away with their music, they were a disappointment on another level. Shortly after the four-man band Crimson took to the stage, both opening bands left with their pack of people not far behind. This left only a handful of people. What a bad sign of showmanship. To think that a group of people all involved in the business of making music can't even stay a while longer to support other artists in the

industry demonstrates a case of bad taste or a lack of it all together.

In the end it was their loss, for the people who stayed got themselves a damn good show. Crimson band members Scott, singer and guitar,

yet-to-be released CD. *No Matter What the Weather* will be coming out in the middle of February.

Front man Scott sang with such conviction it was obvious that the songs he writes are more than just words, but realistic emotions. It's a whole different experience when you hear a band live who have not made it into mainstream popularity.

There's something so surreal about the whole experience. It's a fresh new thing, undiscovered if you want to go so far.

While most of Scott's songs swing on the mellow side there are some abrasive 'take that' songs. His lyrics allow you a perfect opportunity to silently vent or reflect.

Crimson members definitely don't have the stereotypical attitudes of melodramatic rock stars. Although they only played to a crowd of five people, these guys played as if we were a sold out coliseum. They had a sense of humor about it, all that mattered was playing live. This is a case of actions speaking louder than words. They could have left the stage fuming with frustration, but instead they performed a bang-up show.



Connolly, guitar, Screme, bass and Drago, drummer (they only go on a first name basis, last names not known), played a 60-minute set containing some tracks off their

Experience REAL Talent,

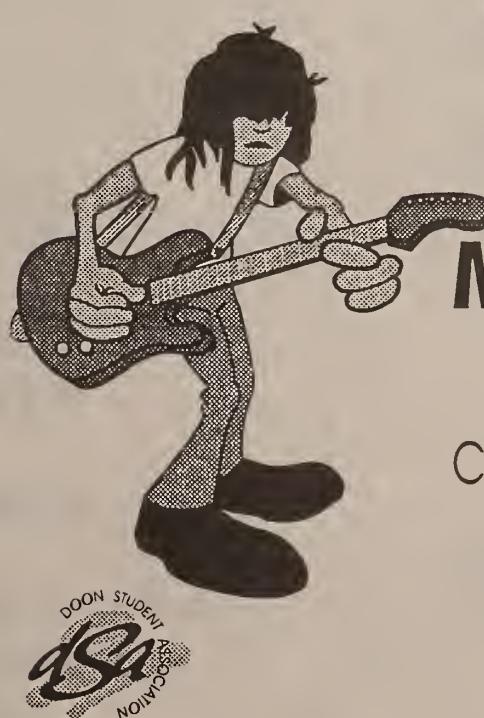
experience.....

DoonStock '98

Wed. Feb. 25

8:00 pm

Mrs. Robinson's



Open to Bands, Solos, Duos, Comedy or Air Bands. Register for this Talent contest at the DSA Office by Wed. Feb. 11
\$25 Entry Fee/entry.

HEY

MOVIE REVIEW

Columbia TriStar Pictures presents:
DESPERATE MEASURES

by Lisa Roberts

It may have taken a while for its cinematic release, but *Desperate Measures* lives up to the massive hype generated by months of previews.

Starring Michael Keaton (*Beetlejuice*) and Andy Garcia (*The Godfather, Part III*), the latest release from Columbia TriStar Pictures is a nifty little nailbiter about two men with diametrically opposed agendas that clash in a life and death struggle.

Garcia plays Frank Connor, a San Francisco police officer who goes by the rules until he is forced to go to desperate lengths for a notable cause. His young son, Matt, is dying of leukemia and badly needs a bone marrow transplant.

The perfect match is found in Peter McCabe, played by Keaton. McCabe is also a homicidal sociopath with an IQ of 160 who happens to be serving a life sentence in a maximum security prison.

McCabe agrees to aid Connor's plight, but on certain conditions which help McCabe to plot his escape from prison. Needless to say, things go wrong during the initial operation in which McCabe participates to transplant the matching bone marrow.

A harrowing chase through the hospital and the city streets of Manhattan keep viewers glued to their seats as Connor madly pursues McCabe. Connor also puts his job on the line by protecting McCabe, with the reasoning that McCabe must be kept alive and unharmed in order to save his son's life.

There are many times during the movie when McCabe, as well as the audience, question the



Michael Keaton plays Peter McCabe, a sociopath, in *Desperate Measures*.

similarities between the two men's personas. The two are equally ruthless in achieving their goals and will stop at nothing to attain them. However, where McCabe is comfortable with crossing the proverbial line, Connor hesitates before plunging into the psychological unknown. This is where the comparisons end between the homicidal maniac and the streetwise cop.

It's easy to simply brush this off as another stereotypical Hollywood action flick, but *Desperate Measures* invokes social and moral responsibility, something action films usually fall short of. Instead of simple mind-numbing violence with gratuitous gun usage and car chases, the movie toys with a psychological-thriller slant, comparable to *Silence Of The Lambs*. There are lives on the line, and the circumstances are beyond control. That aspect is indeed the most chilling of all.

Desperate Measures is a success, it makes one think about potential life-threatening hazards, instead of just sitting back and enjoying the carnage. Intelligence in action movies? Let's hope this trend won't die out.

Movie of The Week

Wed. Feb. 11

1:00 pm

The Sanctuary



Photography group supports community artists



by Natalie Schneider



It's been argued that photography is not art, that in fact photos are merely album snapshots of a moment or time passed. However, dedicated photographers spend tedious hours in a darkroom emerging with nothing less than works of art. The thought put into one photograph could never be accomplished by a point and shoot camera.

On Jan. 29 a photography group containing amateurs and professionals, (the first of its kind), met at the Walper Hotel, 1 King St., W., to support the artistry of photography, as well as the ingenious artists behind the cameras.

The concept of the photography group was initiated by Mike Wert, assistant manager of the In Focus program at the Kitchener Public Library, 85 Queen St., N., Kitchener. The In Focus program is a series of photography exhibits supporting local photographers. But his interest in photography goes much further than that. He is also a photographer 'in training'.

The purpose of the group was built behind the idea of providing a forum for photographers to support and evaluate one another's work.

"There was no real agenda at the meeting. I just wanted to see if people were interested in getting to know each other, because a lot

of photographers work by themselves. I was interested in seeing if people were interested in doing stuff together as a group," said Wert. "We've decided to meet once a month to share our work, getting it critiqued and getting feedback."

The group offers a support system to photographers in the community, especially up-and-coming photographers. Here, they have the opportunity to get constructive criticism from more experienced people in the field.

The mixture of people attending the first meeting was greatly varied, starting with beginners, Wert putting himself in that category, all the way up to people who've been doing photography as a profession since the '50s, said Wert.

"When you look at a person's portfolio who's been doing this seriously for a long time you think 'Wow'. They can provide a lot of feedback and that's about the only way you can learn," said Wert.

Already after the first meeting, tons of ideas were thrown around for things they could do as a group. One of the ideas brought forth was displaying a group exhibit.

"With a group exhibit we could choose a theme, like Waterloo County. We had a whole bunch of ideas. One of the things a few of us are interested in is putting together some photographs we've taken of all the old buildings around Kitchener. Some of us have had the opportunity to be in some of these buildings to take photos, so we thought we might do an exhibition in hopes of getting people to see the potential for reusing the buildings," said Wert. "The other thing that we were talking about was starting a collective darkroom. Everybody could chip in for the materials and

that would allow everyone to get hands on experience."

Wert stresses that photography is a very hard business and the group offers people a place to come together and get help and guidance from other people in the business.

"I've had a number of people come through doing shows here at the library and several of them are pursuing it as a career. They want to make some money off of it, but getting people to buy photography is very difficult. Some of these people are really young and very talented, but they don't know the business side to it. Like I say, why have one person going around trying to find all the answers if you can get a group of people together to find the answers," said Wert.

"Each person can share little tips like 'this art gallery really likes photography, apply there and you'll get an exhibition', and other things like that. I wanted to pull people together so they know there's support and hopefully people will find the answers they're looking for."

Although Wert brought the group together, he insists he's not interested in directing it. Instead he hopes that within the forum people will branch off with one another and do their own little projects.

"I want people's own interests to sort of take over. It's nice to be part of a group where there's always something happening and where people feel they can take their own initiative and do whatever they want," said Wert.

People coming out to the group's meetings don't have to necessarily bring their photography, but it is encouraged. The group meets on the last Thursday of every month upstairs at the Walper Hotel. The next meeting will be on Feb. 26. For more information contact Mike Wert at 579-2382.



DSA Elections '98

Candidate Speeches
Thurs. Feb. 12
12:30 pm
The Sanctuary

**Find out more about the candidates
running for the DSA Executive
and their platforms**

SPORTS

Swim coach strives for excellence

By Michael Hilborn

It is the summer of 1984. The place is Los Angeles. The Olympic final of the 200-metre breaststroke is about to begin and in the starting blocks, world-record holder Victor Davis is deep inside himself as he awaits the starter's gun.

Back in Waterloo, his close friend and Region of Waterloo Swim Club assistant coach Dean Boles is holding his breath. Boles knows that Davis will not settle for anything less than gold.

He is not disappointed as Davis simply overpowers the field, setting a new world record in the process.

Today, Boles is the head coach of the R.O.W. Swim Club, which has just been designated by Swim Canada as the number one club in the country. The road to the top was a long one and

Boles has been a part of it for 17 years.

Boles, 36, was born and raised in Guelph, Ont., where he started swimming competitively with the Guelph Marlins in 1975 under the guidance of coach Cliff Barrie.

It was there that he first met the late Victor Davis and the two became best friends, living together for four years. In the fall of 1980, when Barrie was offered the position of head coach in Waterloo, he invited Boles and Davis to come with him. Boles began coaching part-time in 1981 and finished competitive swimming in 1982. Boles has fond memories of those days. "It was a great environment to be in," he said.

"When you're in a world-class environment it was an all or nothing sort of thing. It was really

refreshing to put yourself on the line each day and try to be the best you can be."

Barrie was extremely successful as a coach and mentor. Two of his swimmers, Davis and backstroker Mike West captured five Olympic medals between them at the Games in Los Angeles. Barrie left the club in 1986 and Boles became the new head coach in the fall of 1987.

Today, Boles tries to inspire the same dedication in his young swimmers that his friends Barrie and Davis inspired in him. "I try to be the best I can be as a coach and try to get some of the kids to believe in that too," he said.

Apparently some of them do believe in it. Laura Nicholls has just returned from the World Short-Course Championships in Sydney, Australia, where she won a bronze medal in the 100-metre freestyle and finished fourth in the 200.

She also set a new Canadian record in the 200 freestyle. Doug Brown, who has been with the club for 12 years, won a gold medal at last year's Canada Games. Boles says that Brown is on track to be the next swimmer from his club to make the national team.

Until fairly recently, world-class swimmers, particularly the women, tended to be teenagers. Because of this, many talented swimmers never achieved their potential because of the degree of commitment required and the arduous, sometimes painful training. They tended to burn out.



The Region of Waterloo Swim Club's Head Coach, Dean Boles. (Photo by Michael Hilborn)

Nicholls and Brown, who are both 19-years-old are just now coming into their prime. This is due to a change in emphasis reflected in Boles's coaching philosophy. "We can't drive the kids anymore. We can lead them but we can't drive them because they'll rebel," he says.

"My process is a little bit different because it's more long term." In Nicholls' case, Boles says he thinks she has another three to six years of competition ahead of her.

Boles has achieved some outstanding results with the R.O.W. Swim Club over the years. There are currently 220 registered members, 140 of whom are competitive swimmers.

There are approximately 30 swimmers in the country who are "carded" or subsidized by Sport Canada. Three of those swimmers are R.O.W. members. "We've made a big change in Ontario swimming," Boles said.

In addition to coaching, Boles is also chairman of the Ontario Swim Coaches Association and he is a board member of Swim Ontario and Swim Canada.

Performance, innovation, community awareness and program development are the criteria used by Swim Canada to determine the top swim club in the country. That honor now belongs to the R.O.W. Swim Club, and head coach Dean Boles.

Gary Bettman needs a hobby



Dan Meagher

If our faithful commissioner were truly seeking to try and better the game, he would crack down on obstruction, put expansion on hold indefinitely, maybe even revoke the NHL status of a few teams, and honestly work towards revenue sharing.

The trouble is that Bettman's agenda is dictated to him by a number of high and mighty NHL owners. Owners such as the Disney corporation in Anaheim, who value the integrity of the game enough to call their team the Mighty Ducks.

NHL front office types boast that the game is booming and has never been in better shape financially.

The truth is that it is lingering dangerously close to the point of no return. Give it a few weeks and we should be hearing the first proposals for starting the games with a tip-off.

Why all the changes, Gary? The game survived for 75 years before you arrived, which probably means that some of its existing structure was sound.

Perhaps you need something to keep you busy?

Maybe you could launch an investigation into where Wendell Clark went, or counsel the Tampa Bay Lightning players on career opportunities for them after this season ends.

You know, it doesn't really matter what you decide to do anymore. Just keep your damn hands off our game.

So the National Hockey League is now a major player in the marketing game and it has Gary Bettman to thank.

Entrusted with the task of making the game accessible to more people, particularly in southern markets, Bettman has taken the job to heart. The progress he has made is obvious, but whether or not it is moving in the right direction is debatable.

The fact of the matter is that the game itself should be the selling point, not glowing pucks, cheerleaders or dancing robots. Chances are, people who don't like the game when it's played without music, million-dollar players and enormous buildings, aren't the kind of followers the game should be trying to attract in the first place.

Bettman's reforms have come fast and furious, much to the chagrin of the true hockey fan. They range from the addition of several lame-duck big-market teams to an NBA-style lottery at draft time.

But it's time we drew the line. The only reason you need four quarters at a hockey game is to buy a program.

With endless commercial stoppages in play and too many players devoid of skill who clutch and grab the talented players and slow down the game there have been calls for rule changes to speed things up. But why speed the game up when you can slow it down, right Gary?

We might as well add yet another intermission so we can all find out what shoes we should be buying or what beer we should be drinking.

By Matt Harris

With the plans for the Canada's men's Olympic hockey team laid well in advance, many sports writers have picked them as the team to beat. John Kastner, the sports editor of the Stratford Beacon Herald, is among those who have tabbed the Canucks as gold-medal favourites in Nagano.

"For Canadians, the interest is centered on both men's and women's hockey," he said. "Other things we're following are the curling and men's figure skating."

Kastner said he thinks both of Canada's hockey teams are favored to win gold. They will have stiff competition from the United States teams, who have played Canada tough in international competition.

Switching from hockey to figure skating, Kastner said this year's competition will be different for many Canadian skating fans in that Canada does not have an entry into the ladies draw.

"This is the first time in years that there won't be a woman

competing in ladies figure skating for Canada," he said. "That means more people will be following Elvis (Stojko)."

He also cited speed-skating as a Canadian strong point, as well as freestyle skiing and the introductory sport of curling.

"We should do very well in those events," Kastner said. He added that he didn't think Canada would have a significant breakthrough in any of the other events.

"It will be interesting to see how well the Games are watched here in Canada," he said, citing the 14-hour time difference between Japan and Canada.

"When there is a game being played in prime-time over in Japan, it will be the morning of the day before here in Canada," he said.

For information and predictions, there are plenty of websites on the Internet, dedicated to the Winter Games.

The official site of the Games, operated by IBM, has plenty of information for those who want to stay up-to-date with the Games.

The site (found at www.nagano.olympics.org) has country and athlete listings, schedules for events, and other information about the Games in general.

For the hockey fan who doesn't want to get up early to catch the game, the hockey draws are listed along with game times. Each team has its players listed and a short biography accompanies the team roster.

In addition to hockey, IBM's website includes information on other events like speedskating, bobsledding and figure skating.

For a more patriotic slant, the Canadian Broadcasting Corporation has its own site for the Games (cbc.sympatico.ca/fs-on.html).

Much of the information available here is similar to other sites. Unique features include profiles on CBC's anchors for the Games, the history of some of the events, and information on CBC's television schedule.

Other sites are provided by CBS, ESPN, and CNN/SI.

IBM, CBC websites among many covering Games

Canada pins medal hopes on three sports, editor says

Students pick favorite winter Olympic sport

Hockey, because we like it

By Becky Little

With the Winter Olympics upon us, it's time to get a little patriotic and cheer for our Canadian heroes as they compete for gold in their respective sports.

From what we see in Conestoga most of those heroes are in the hockey arena.

Daryl Flewwelling, a computer program analysis student, said his favorite winter Olympic sport is hockey because "we're Canadian." Similarly, Chris Frey, also a CPA student, likes hockey the best because "it's the Canadian game, fast game."

The CPA students either really like hockey or they like to stick together because Arthur Montesinos also picked hockey as his favorite winter Olympic sport because of the patriotism.

Steve Albanese, an electronic engineering student, picked hockey because "I play hockey so I like it and there are some good beatings."

Sara Stone, a marketing student, said hockey was the only winter Olympic sport she really watched. "I don't watch the Olympics much."

Steven Rolson, an accounting student, picked hockey because "It's the best sport".

Finally Steven Walker, also an accounting student, said hockey was the best winter Olympic sport because "I like it."

This reporter was getting frustrated as probably you are now wondering if hockey was all Conestoga students thought about. However, there were some other honorable mentions.

Riccardo Colaiani, a law and security administration student



Riccardo Colaiani,
law and security administration



Sesheeka Selvaratnam,
computer program analysis



Steven Walker,
accounting



Steven Rolson,
accounting

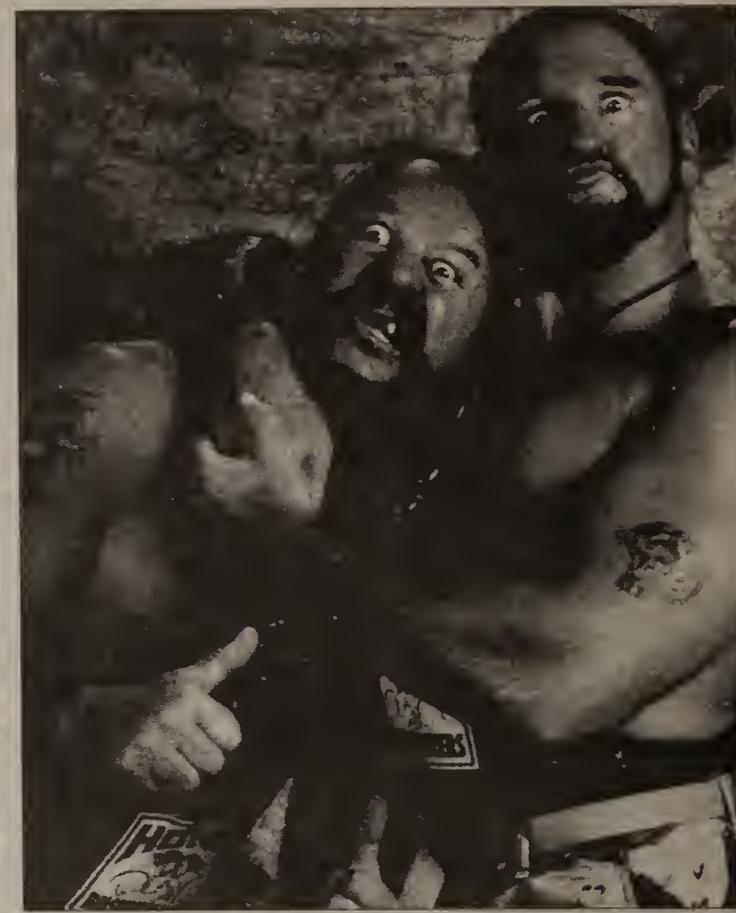
picked curling, and not hockey, because "I've played it and I've grown to like it."

On a bit of a different note, Jay Jastrebski, an electronic engineering student, picked bobsledding because "sometimes

there are deaths."

And Sesheeka Selvaratnam, although also a CPA student, picked figure skating because "It's very competitive."

After all competition is what the Olympics are all about.



The Bushwackers are coming to Conestoga's sports complex Feb. 13.
(Contributed photo)

They're coming . . . WWF to fight at Conestoga

By Greg Bisch

"I cannot give away the exact time of their comeback," said Shaw. "That would be giving away too much."

There are some notables along with the Bushwackers.

Joe E. Legend, who is expected to wrestle, "will soon hit the big time and become a superstar," said Shaw.

"All of the wrestlers who are coming to the college are the future of wrestling," he said.

Also, the ICW World Midget Champion, Frenchie Lamonte, will be in attendance. Lamonte has held his championship since 1988. The ICW North American Heavy Weight Champion, Gothic Knight, will wrestle as well.

Wrestler Glen Kulka will not be fighting at the event, which starts at 7:30 p.m., due to a broken leg.

For further information call 653-3837, or for tickets call: 579-1254 or 745-4581.

Questions or concerns about your tuition fees?

Have them answered at the

Student Forum

Panel Members

Dr. John Tibbets, President

Kevin Mullan, VP of Finance & Administration

Chris Kroeker, DSA President

Thomas Muller, DSA Education and
Communication Coordinator

Tuesday, February 10
Sessions at
12:30 pm - 1:30 pm
and
1:30 pm - 2:30 pm
The Sanctuary

